

# Adolescent Programs about Smoking & Tobacco

The Howard County Health Department (HCHD) offers  
**2 FREE** Adolescent Smoking Programs by trained staff for  
Howard County youth, 13-17 years old.

## Smoking Awareness Program

*(School-required or Voluntary Enrollment)*

Learn about-

- Types of tobacco products
- Tobacco laws & ads aimed at teens
- How smoking harms your health
- 1 class/week for 4 weeks @ HCHD

## Quit Smoking Program

*(Voluntary Enrollment)*

Learn about-

- How smoking harms your health
- Good methods to quit smoking
- MD Quit line-youth support program
- 1 class/week for 4 weeks @ HCHD

Don't be a Butthead...



...let us help you!

**Enroll *NOW* by Calling 410-313-6265**



Visit our website:

[www.hchealth.org](http://www.hchealth.org)

[askhealth@howardcountymd.gov](mailto:askhealth@howardcountymd.gov)

